



Southwest YMCA - Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP™ 9:15AM - 10:15AM Group Ex Studio	Total Body Strength 6:30AM - 7:30AM Group Ex Studio	Run Group 5:45AM - 6:45AM Track	BODYCOMBAT™ 9:15AM - 10:15AM Group Ex Studio	Yoga 8:30AM - 9:30AM Group Ex Studio	BODYCOMBAT™ 8:30AM - 9:30AM Group Ex Studio	
Flex & Balance 10:20AM - 10:50AM Group Ex Studio	VIRTUAL DANCE 45 Mins 9:15AM - 10:00AM Group Ex Studio	VIRTUAL BODYPUMP 60 Mins 9:30AM - 10:30AM Group Ex Studio	Yoga 10:30AM - 11:30AM Group Ex Studio	VIRTUAL BODYPUMP 60 Mins 10:00AM - 11:00AM Group Ex Studio	BODYPUMP™ 9:30AM - 10:30AM Group Ex Studio	
Mobility 10:55AM - 11:25AM Group Ex Studio	Run Group and Walk To Run 9:30AM - 10:45AM Track	VIRTUAL BODYBALANCE Express Flexibility 10:35AM - 10:50AM Group Ex Studio	Strength & Movement 12:00PM - 1:00PM Group Ex Studio	VIRTUAL BODYBALANCE Express Flexibility 11:05AM - 11:20AM Group Ex Studio		
VIRTUAL GRIT Cardio 30 Mins 12:00PM - 12:30PM Group Ex Studio	Yoga 10:30AM - 11:30AM Group Ex Studio	Chair Yoga 11:00AM - 12:00PM Group Ex Studio	Flex & Balance 1:00PM - 2:00PM Group Ex Studio	Forever Fit 1:00PM - 2:00PM Group Ex Studio		
Forever Fit 1:00PM - 2:00PM Group Ex Studio	Strength & Movement 12:00PM - 1:00PM Group Ex Studio	Forever Fit 1:00PM - 2:00PM Group Ex Studio	BODYPUMP™ 5:30PM - 6:30PM Group Ex Studio			
Yoga 5:30PM - 6:45PM Multipurpose Room	Strength & Cardio 5:30PM - 6:30PM Group Ex Studio	Zumba 4:40PM - 5:15PM Group Ex Studio				
VIRTUAL BODYCOMBAT 60 Mins 5:30PM - 6:30PM Group Ex Studio		Total Body Strength 5:30PM - 6:30PM Group Ex Studio				
		Yoga 5:30PM - 6:45PM Gross Motor Room				

LES MILLS **BODYCOMBAT**

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

LES MILLS **BODYPUMP**

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

Chair Yoga

A gentle form of yoga that uses the support of a chair to stretch and strengthen your entire body. Connect your mind, body and breath while focusing on balance and coordination. Options available for all fitness levels.

Flex & Balance

This class focuses on increasing your range of motion and improving your balance. Release muscular tension with stretching exercises and increasing your awareness of a healthy posture with balancing challenges. Options available for all fitness levels.

Forever Fit

A low-impact class focusing on joint stability, range of motion, posture and balance. Perform exercises and movements to improve mobility and functional fitness needed to complete everyday tasks. Options available for all fitness levels.

Mobility

This class focuses on articulation, flexibility and natural movement to help improve range of motion.

Run Group

Beginner to Intermediate Level. Ongoing 13 week session. May join at any time.

Strength & Cardio

A class that gets your heart pumping & gives you a total body workout. Build cardiovascular endurance by combining strength training with cardio exercises. Class may use steps, stability balls & more. *Option available for all fitness levels.

Strength & Movement

Get Strong for everyday life with functional bodyweight strength training. This class uses a progressive approach and little to no equipment to help you build strength and endurance.

Total Body Strength

A full body workout that builds power & increases muscular strength & endurance. Classes may use dumbbells, bands, body bars, stability balls, or other fitness equipment to strengthen the core, upper & lower body. *Options available for all fitness levels.

LES MILLS **BODYCOMBAT**

Get fit, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LES MILLS **BODYPUMP**

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS **DANCE**

Feel the beat, work your body, lift your heart rate and boost endurance. This 45-minute high-energy workout has been created by dancers to challenge and uplift you.

LES MILLS **GRIT** | **CARDIO**

High-intensity interval training that improves cardiovascular fitness.

Yoga

A balanced class that is both relaxing & invigorating. This practice builds strength, increases flexibility & promotes a sense of inner calm. Connect with your breath as you lengthen & strengthen your body. *Options available for all fitness levels.



This high-energy class is a fusion of strengthening movements & easy to follow dance steps to the tune of Latin & International music. Led by a certified Zumba instructor. *Options available for all fitness levels.

